

are all invited to be present at the King's court. The secret of a week well spent is a Sabbath well spent. A close walk with God on this day makes it much easier to walk with Him during the week.

Begin the day in deep meditation, and you will discern God as if He were near at hand; yea, He will come and walk with you. Say to Him, "Dear Father, this day is Thine. Bless it and all its services. O Savior, come with me and help me to make this day one of service to others and advancement for myself."

If possible, be present at God's sanctuary. As you enter, leave the world outside, tell Satan to remain outside also, else he will direct your eyes to your neighbor's apparel, your thoughts from holy things, and your ears will not hear righteously, but may hear wickedly, telling you "There that hits Mr. So and So but not you."

May the mind be reverential, and the heart ready to receive the needed and promised blessing, prepared for the truth to be rivited there by the power of the Holy Spirit. We need the encouragement, instruction, and comfort to be derived from the sermon. Go not only to get, but to give. There is no one but who can help in some way. If not directly in the work and exercises of the Sabbath, by your presence. With a happy countenance and a heart overflowing with love, you can set a weary brother on his way rejoicing by a heart-felt "God bless you," and a warm hand-shake. You are needed there. Absence from church service gives the impression to outsiders, that you place no value upon it. If not this, they *can not* feel that positive spiritual influence members in large force may inspire. You go to help to kindle, by your presence, that flame of sacred love which makes the souls of those who listen sensitive and mobile under the touch of the truth. You go to help to create the conditions under which others can listen well. You go to help the minister preach, to add vitality and warmth and convincing power to his words. The fact that your presence, as a member, can go so far toward making the preaching of the Word effective, the service impressive and useful to all those who come, should be well considered before devoting that time to sleep, ease or recreation.

On this day, all members of the family are at home. The elder ones it invites to self-culture, by meditation and study, to the noblest solitude, and to the noblest society. Mother, what an opportunity for you! Gather those children about you. How their little hearts warm as you tell them of Jesus and His love. When they are grown and have left the dear old home for new scenes, will they forget the lessons learned at Mother's knee? Never! As you gather together it gives opportunity to become better acquainted, for attachment to become stronger, and love deeper. To those who have no Sabbath, life must be as a man without a smile, a garden without a flower, or a sky without a star.

On this day, do not wear your long face—let it be cheerful and happy—show to others it is your delight; then on other days, God's blessings will descend as the gentle dew, but on this day the Lord will open the very windows of heaven and shower them in abundance upon you.

During the week, we oft-times walk in the valleys of care, perplexity, and sorrow, but on this day let us climb up on the hills of light and joy, and on the final one we shall pause to view, in the distance, the glory of a never-ending Sabbath.

Dear Lord, may we spend our Sabbaths more profitably, "And just as, on some warm day in summer, the grass grows apace, and the fruit ripens in a few hours, more than for days and weeks before, so may each Sabbath be to us a day of much spiritual growth, a blessed ripening for heaven."

"A few more Sabbaths here
Shall cheer us on our way,
And we shall reach the endless rest,
Th' eternal Sabbath day."

Roann, Ind.

Thoughts for Young People

Forward.

We rise by lifting.

God's milestones are all fingerboards.

That life is lost which is spent for gold.

Each today is the sum of all yesterdays.

Today's need may be tomorrow's supply.

Better a good name than a big bank account.

They can never starve whose bread is upon the waters.

In its supreme crises the soul has but one word—God.

Experience is the Spirit's light on the sacred Word.

The wise man's words are fruit; the thoughtless man's words are leaves.

Helpfulness is the queenliest grace. They are most royal who are most useful.

Excuses are the counterfeit coins with which negligence tries to pay the debt of duty.

Real dignity bends easily. Foolish pride and self-esteem cannot bend, for they are only an attitude, and not a spirit.

Do not be unforgiving. The dear Lord himself cannot enter an unforgiving heart, till its walls of adamant are broken down.

We should be careful of our manner, for it is, in a sense, the stamp on the coin, and shows of what worth we are in the world's currency.

A good name cannot be gained in a day. Years of earnest, faithful living are required before one can acquire the reputation that is "rather to be chosen than great riches." Yet the reward is worth waiting and working for.

One may show loyalty to Christ by a look of sympathy, a pressure of the hand, an open Bible. Havelock's first showing of his colors was his Bible left open on the table of his tent.

Store the mind with many remembered bits

of truth. Poetry often crystallizes and compresses a great thought in a small stanza, so that there are truly "infinite riches in a little room." Learn a sweet poem every week. Learn a great poem, like Kipling's "Recessional," and say it over and over, for your comfort and inspiration.

Even for fun, and in mock seriousness, we should be careful neither to use slang nor any doubtful form of speech that verges on profanity. Habits are worn into ruts before you know it, and the foot-path today may be the highroad tomorrow. To keep his speech pure and clean is part of a person's duty to his mother tongue and to his period.

It is rather strange, isn't it, how young folks will rave over a favorite football player,—who, after all, is only a passing fad and fancy with them—and yet will be silent as statues when a word of loyalty to a great cause or principle, or to God himself, is needed? Can it really be true that our interest in temporal and trivial things is greater than our interest in those things that are spiritual and eternal?

There is real educational value in listening to sermons. The young person who hears the gospel preached twice a Sunday throughout his life is furnished with an intellectual equipment of which his non-church-going companions have nothing. A vast amount of instruction, not only in religion, but, incidentally, in history, literature and the sciences is presented in the course of a year's sermons. Moreover, the attentive hearer is stimulated to independent thought, and thus quickened and strengthened in his own mind. Oatmeal and sermons,—especially sermons—have made the Scotch intellectually one of the strongest nations of the world.

The Christian Life

PRAYER MEETING TOPICS

THE PROPHETS—JEREMIAH. NO. 2

III. Conditions of the Times.

POLITICAL

1. Assyria was just falling to her destruction at the hands of the new Babylonian empire.

2. Josiah, the king during the early period of Jeremiah, was a good king bent on doing God's will and reformation of the nation, II Kings 22 and 23, but his reform was short-lived, and his successors on the throne were very bad.

3. Egypt had control of Judah during a part of Jeremiah's life time. II Kings 23: 33-35.

4. Egypt's short-lived power was driven back from Palestine by their defeat at the great battle of Carchemish by the army of Nebuchadnezzar. II Kings 24: 7.

5. During the latter part of the prophet's life the kingdom of Judah was a dependency of Nebuchadnezzar. Hence Jeremiah advised that the only way for the Jews to save